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THE SECRET NUDISTS

NUDISM AND THE NEW PSYCHOLOGY

THE MR. AMERICA COMPLEX

THIS IS STEVE! SEE AN ENTIRE SECTION ON HIM IN THIS ISSUE!

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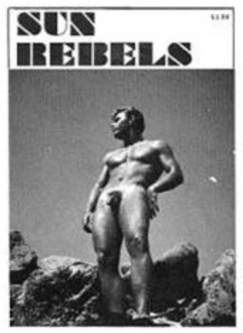

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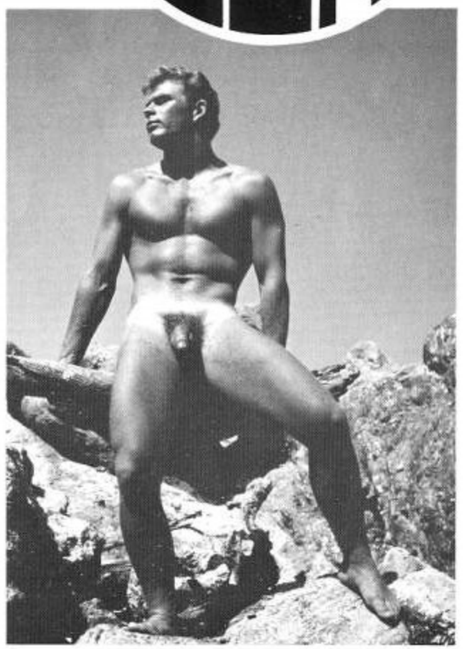

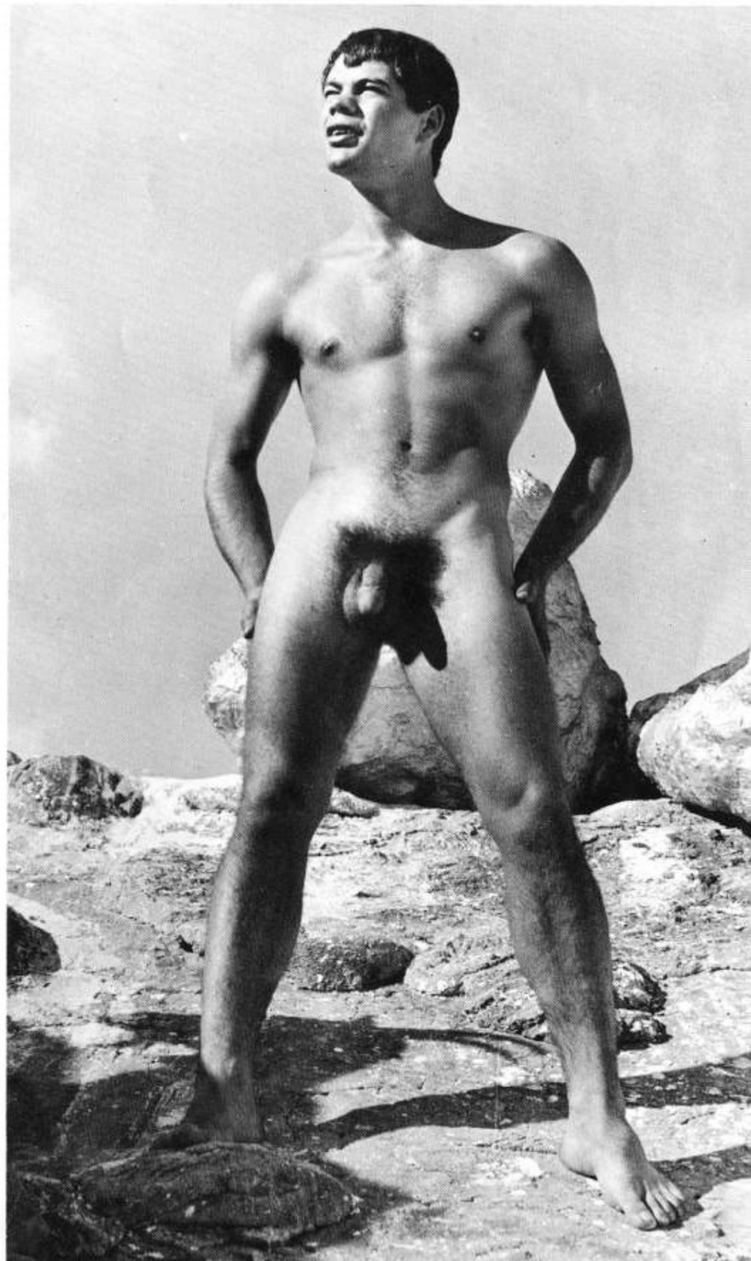

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They are a big part of the movement, but they prefer privacy over company. They are . . .

THE SECRET NUDISTS

While it is true that nudism is becoming an ever more popular activity in America, there are still large numbers of citizens who like to consider themselves "secret nudists." Now, there is nothing sinister or foreboding about practicing nudism in secret — or in private, if you will. There are uncounted thousands of Americans who practice this healthful activity in the privacy of their homes.

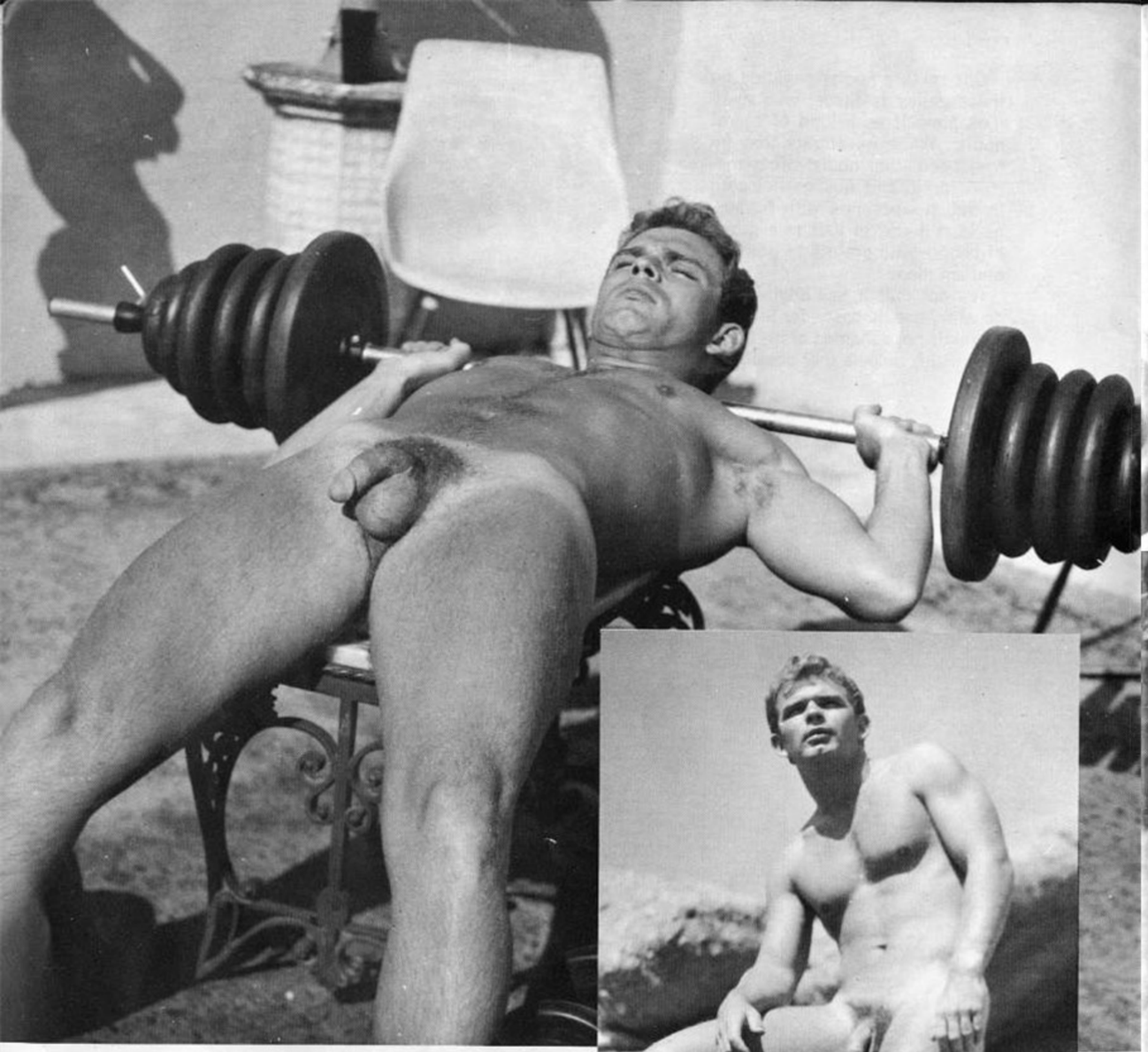
SUN REBELS

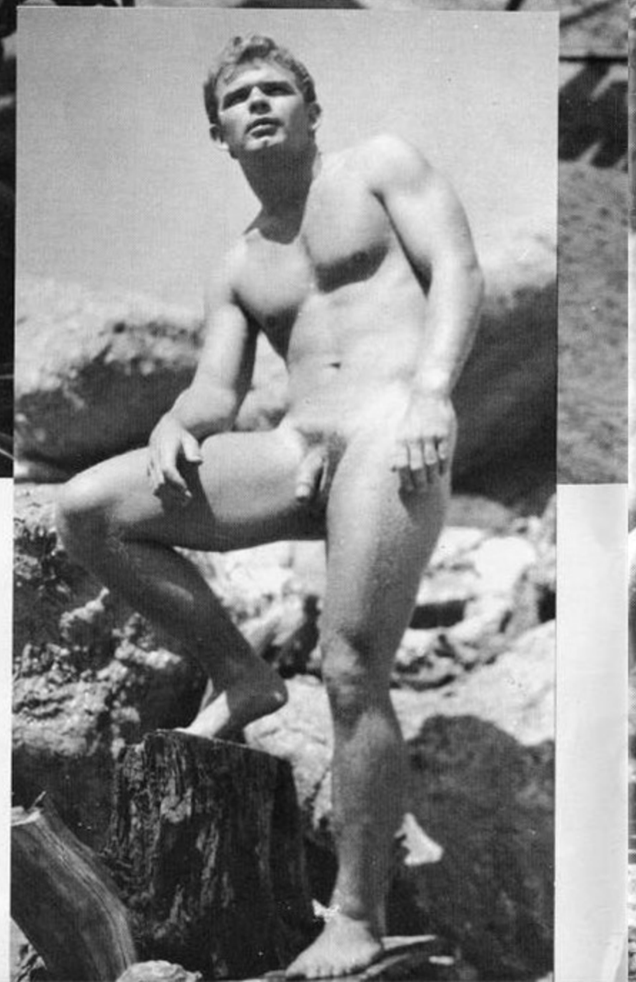
These are the people who usually haven't yet made the step to nudist camps or nudist organizations. "Nudism is fine for me and the wife and kids," our citizen might say, "but we're not ready for a nudist camp yet." That's fine, because there are certainly no rules among nudists governing just how and where people shall practice nudism.

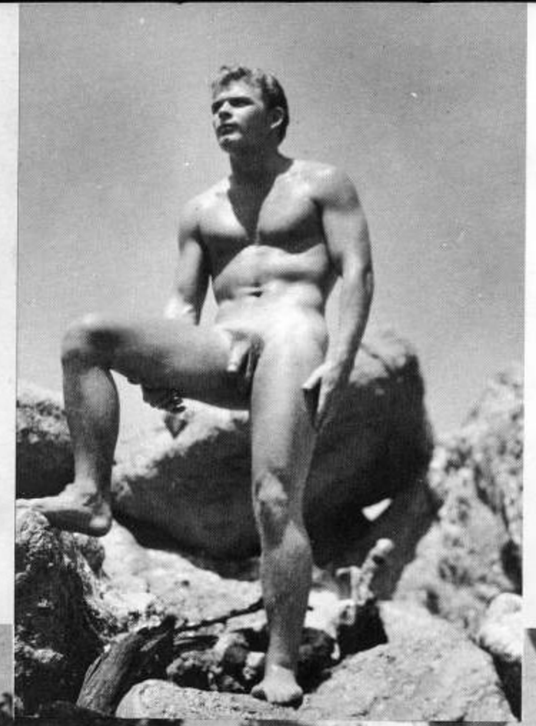
Nudism itself has grown to such a degree in the U.S. in recent years that many people have been surprised to see neighbors and friends turn up at their own nudist camp! These discoveries cease to be surprising after awhile, when nudists learn that the practice is so widespread that they are certainly not freaks for doing what they enjoy — that indeed. they are merely part of a fast-growing movement.

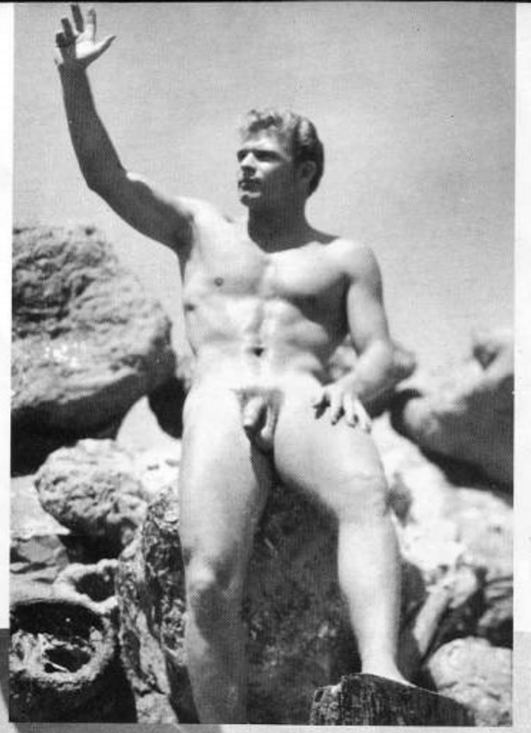
Our solitary nudist depicted on these pages is Steve, who qualifies himself as a kind of secret nudist. While he admits that he has been the nudist-camp-and-club route, and has participated in nudist weekends with friends, he is still one of that rare group of people who prefers to practice nudism alone.

It's not that it has anything to do with false modesty, for Steve is certainly not ashamed of his body. He quickly dispels that possibility







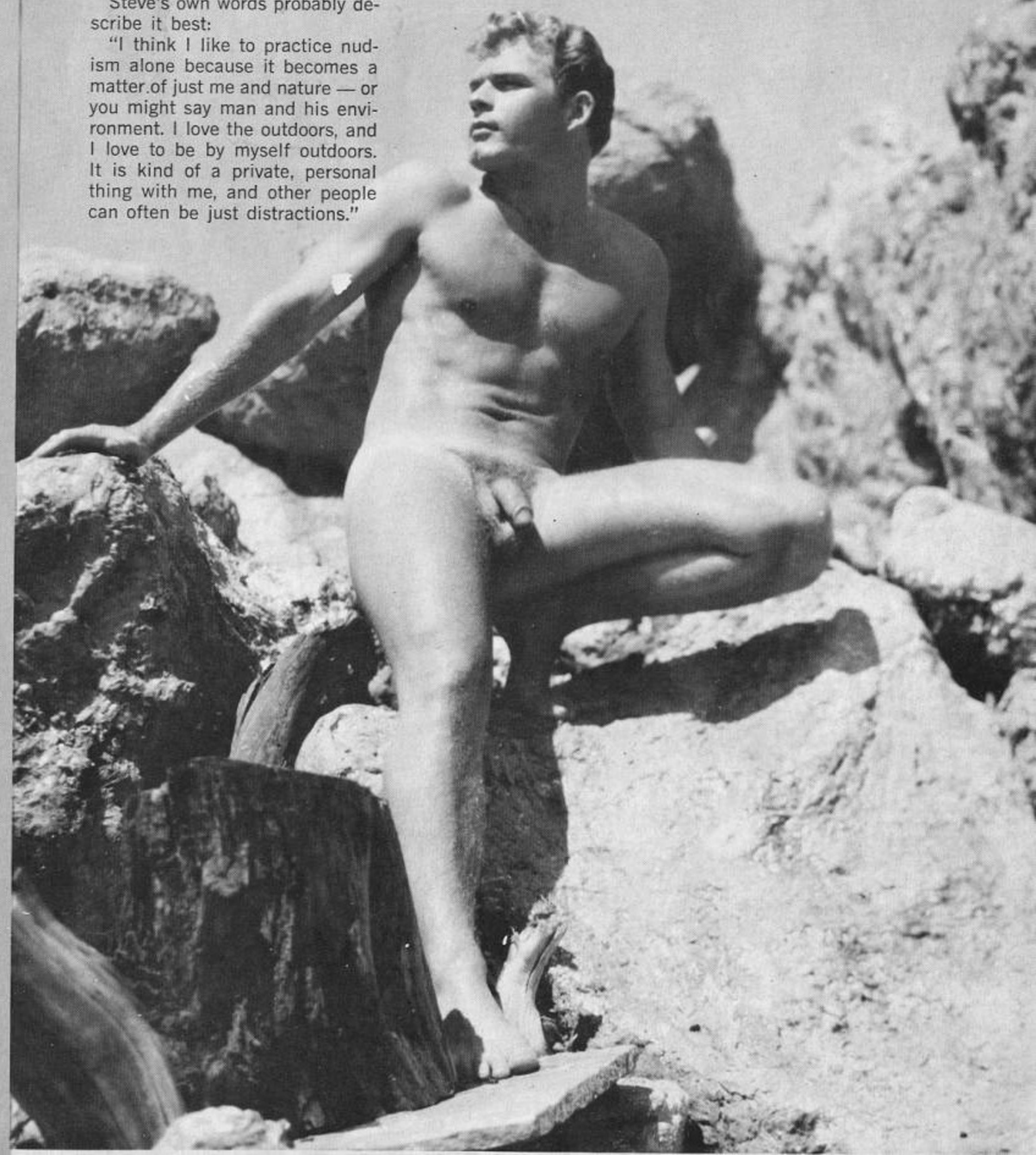


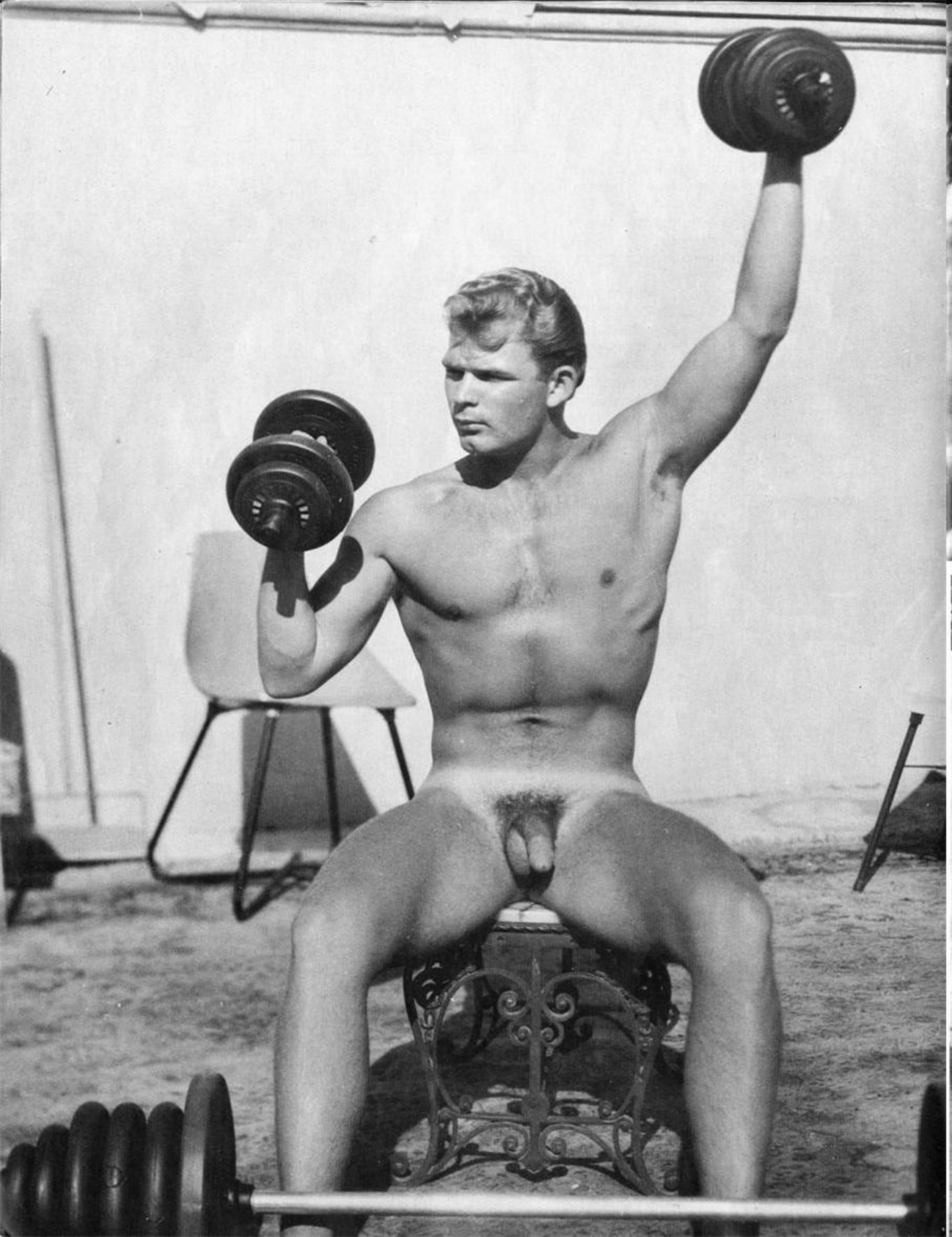
SUN REBELS SUN

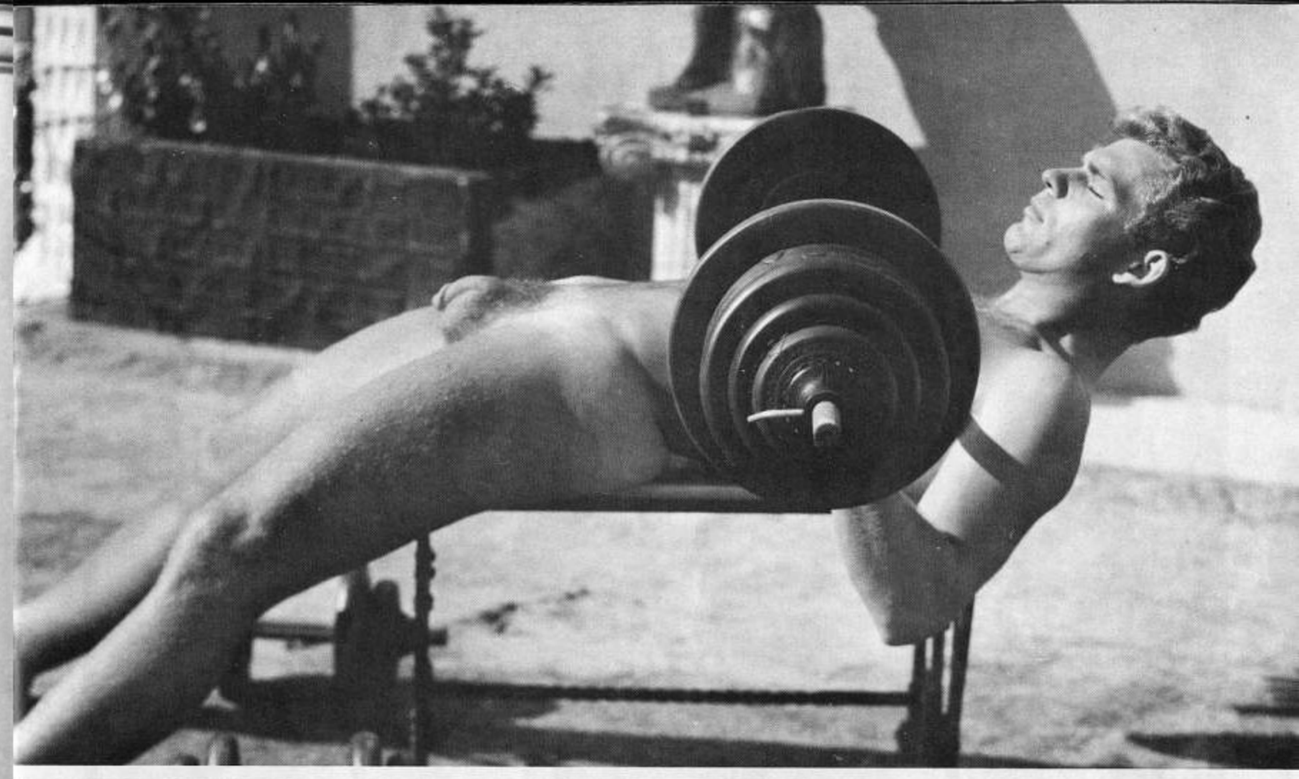
by reminding you that he had made the camp scene for several years before becoming a "secret" — he prefers to call it "solitary" — nudist.

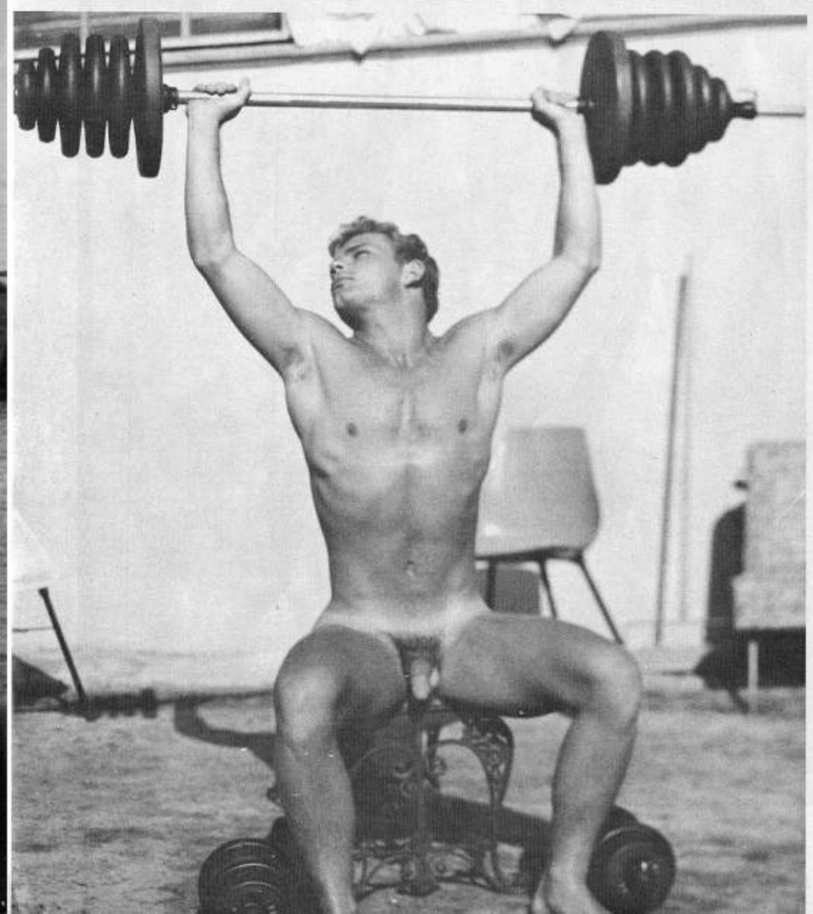
Steve's own words probably describe it best:

"I think I like to practice nudism alone because it becomes a matter of just me and nature — or you might say man and his environment. I love the outdoors, and I love to be by myself outdoors. It is kind of a private, personal thing with me, and other people can often be just distractions."







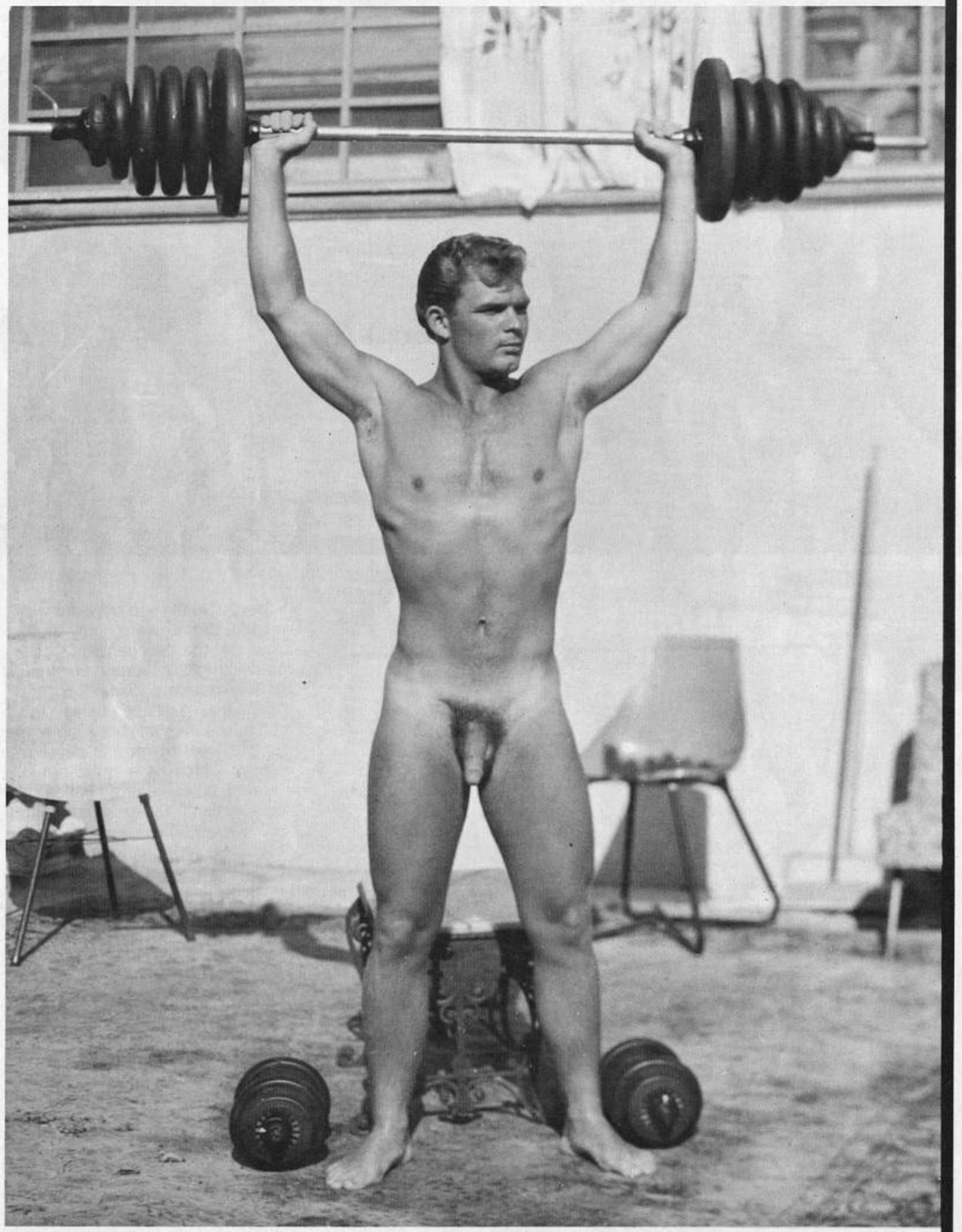


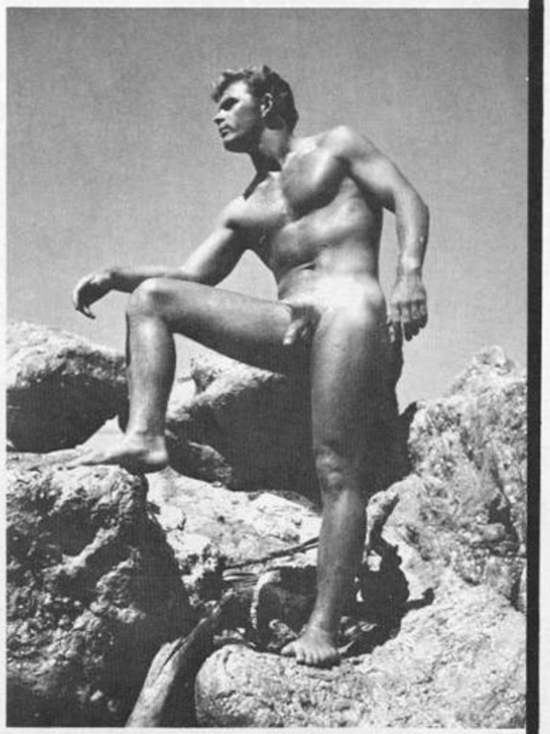
Steve also likes to work out with weights, often alone but sometimes in the company of other robust, healthy, energetic men. His workouts are disciplined and systematic, and by being this meticulous he has been able to reach a level of muscle development of which he is quite proud.

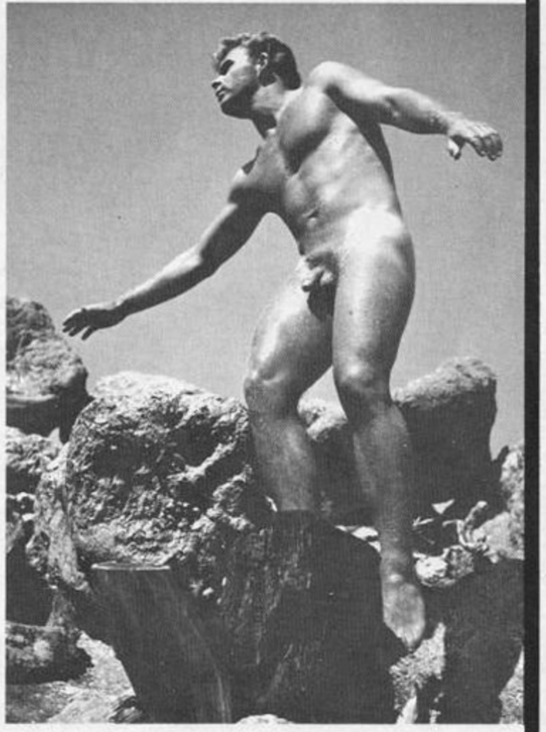
He dislikes being called a "muscleman," for he certainly is not. Rather, he owns a well-developed, well-proportioned physique which is not only very functional but also quite esthetic. He has participated in some weightlifting competition in the past two years, and has done fairly well when the awards were handed out.

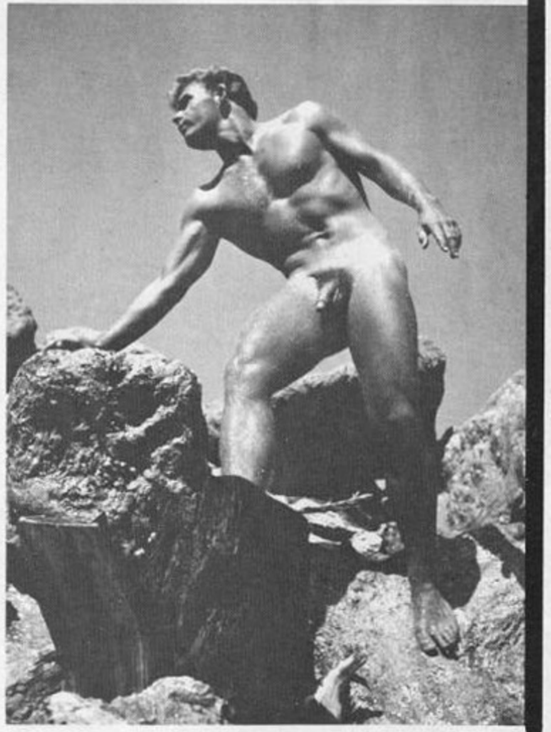
Steve at one time aspired to the U.S. Olympic team as a weightlifter, but the standard distractions got in his way — good job, love affair, preoccupations with social life, etc. He no longer aspires to the Olympics, but still enjoys weightlifting and body building as his personal sports.

Steve, a man who knows his own mind, is this month's "secret nudist." And he likes it that way.



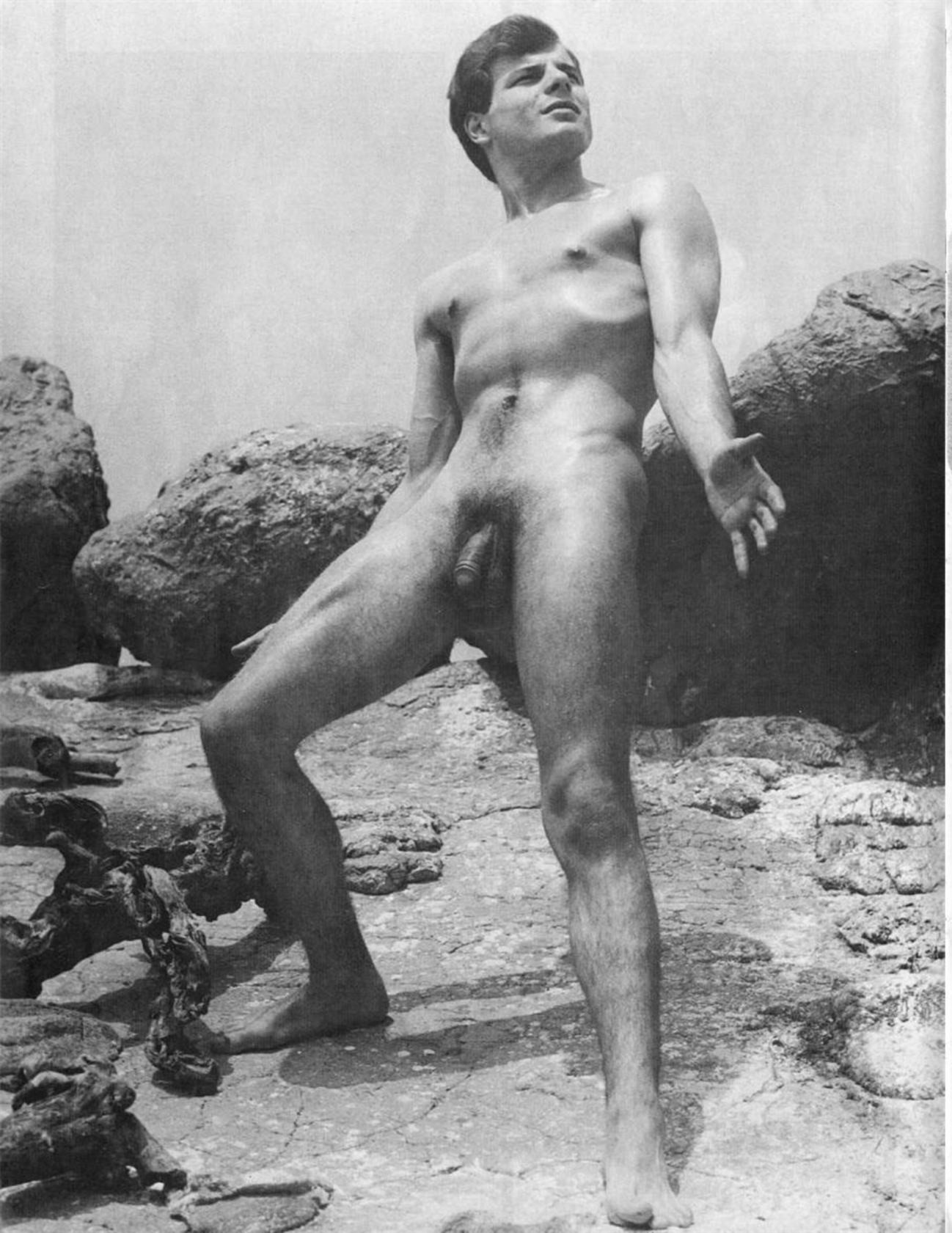






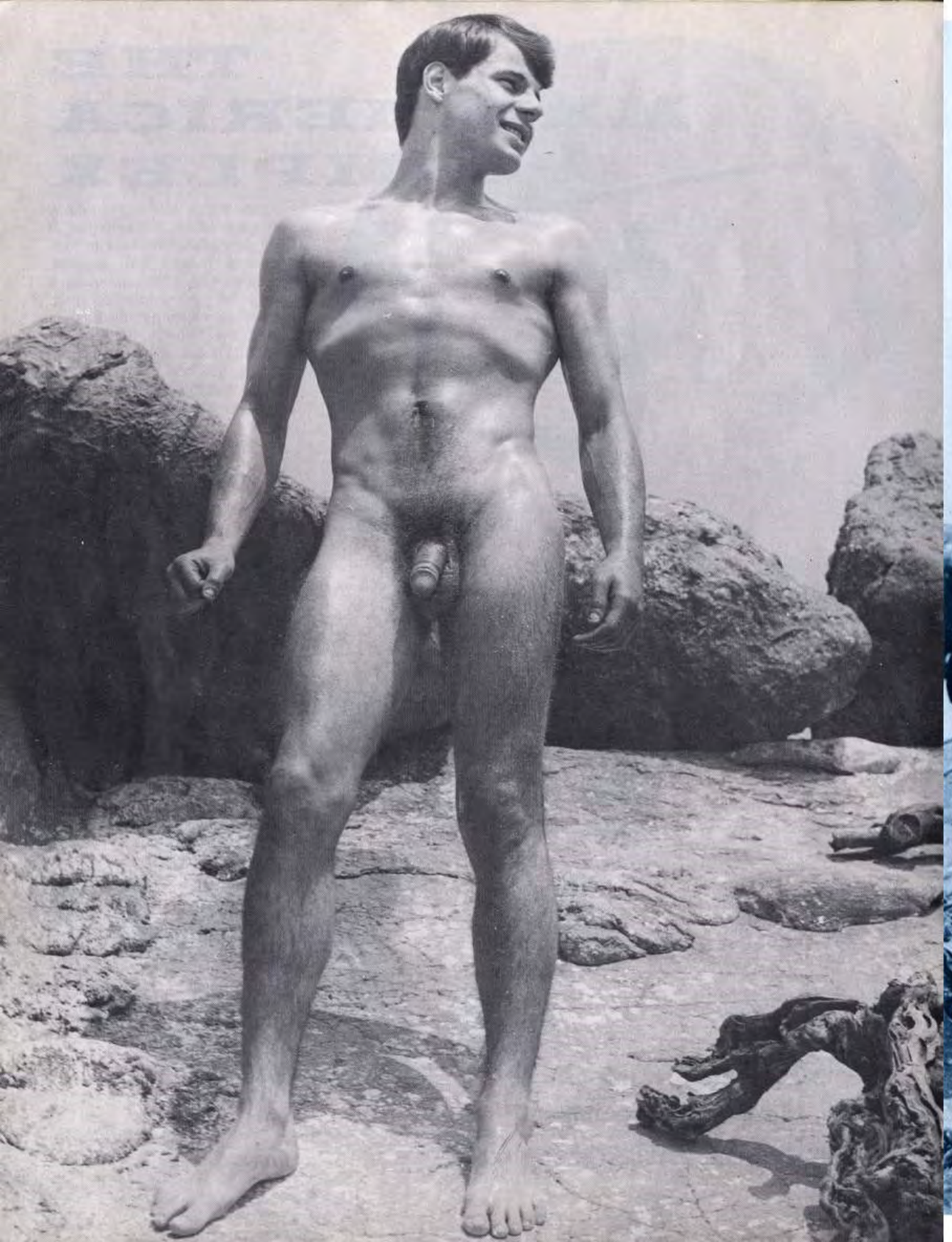
THE MR AMERICA COMPLEX

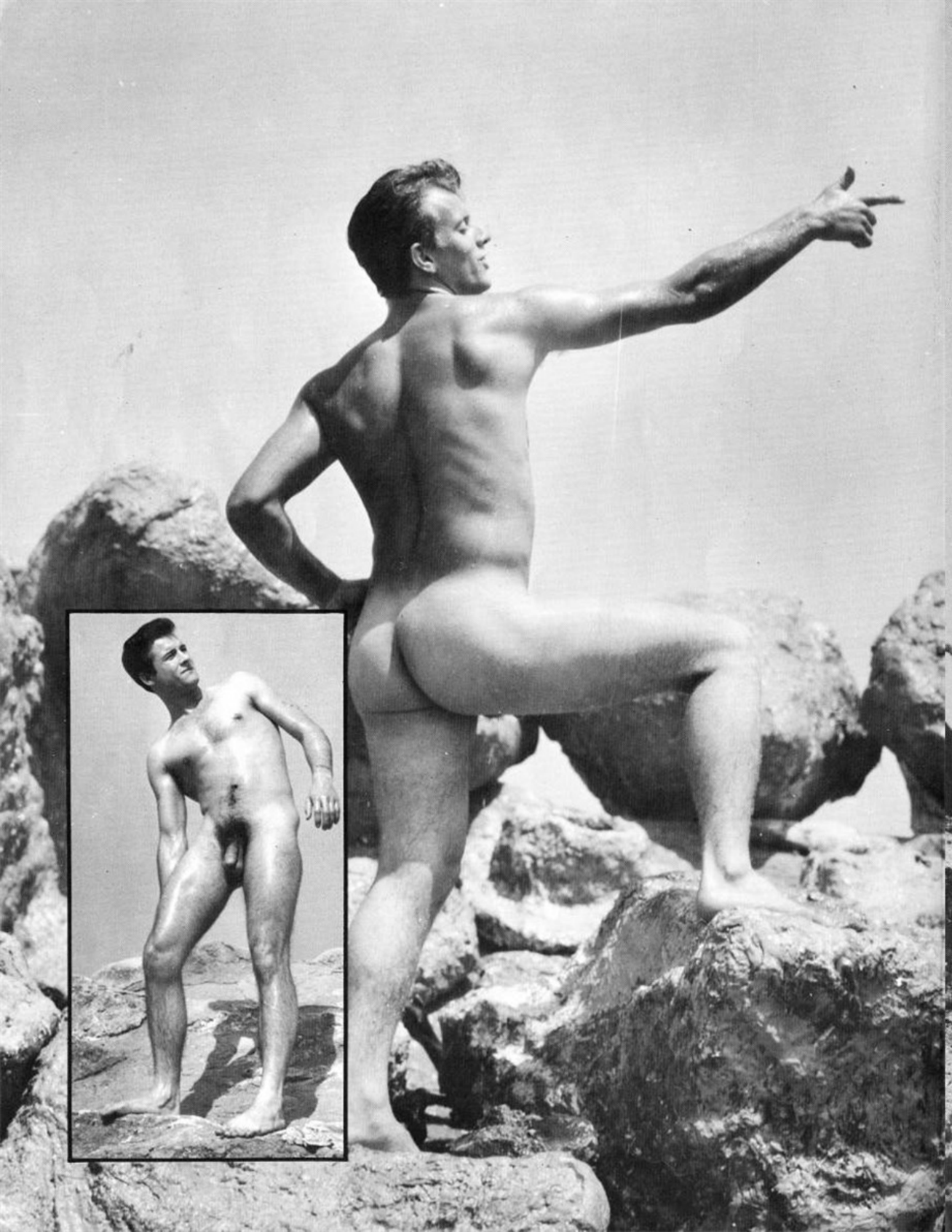
There was a time not too many years ago when the ambition of most American boys was to look like the magnificent physical specimen who adorned the back covers of thousands of pulp magazines crowding newsstands across the country. If you followed his quick, easy course, said the ads, you too could have an equally magnificent physique in just a few days.

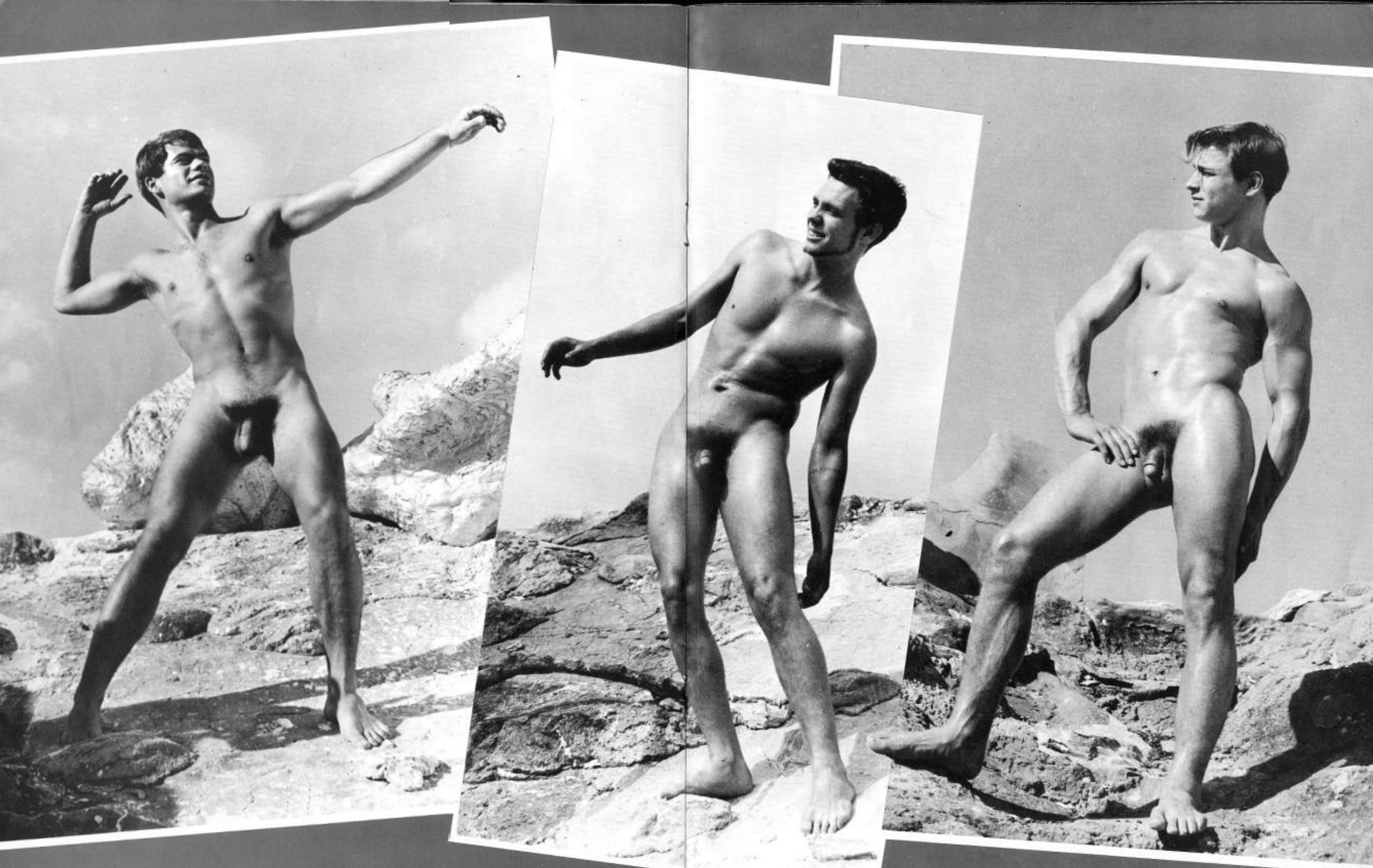


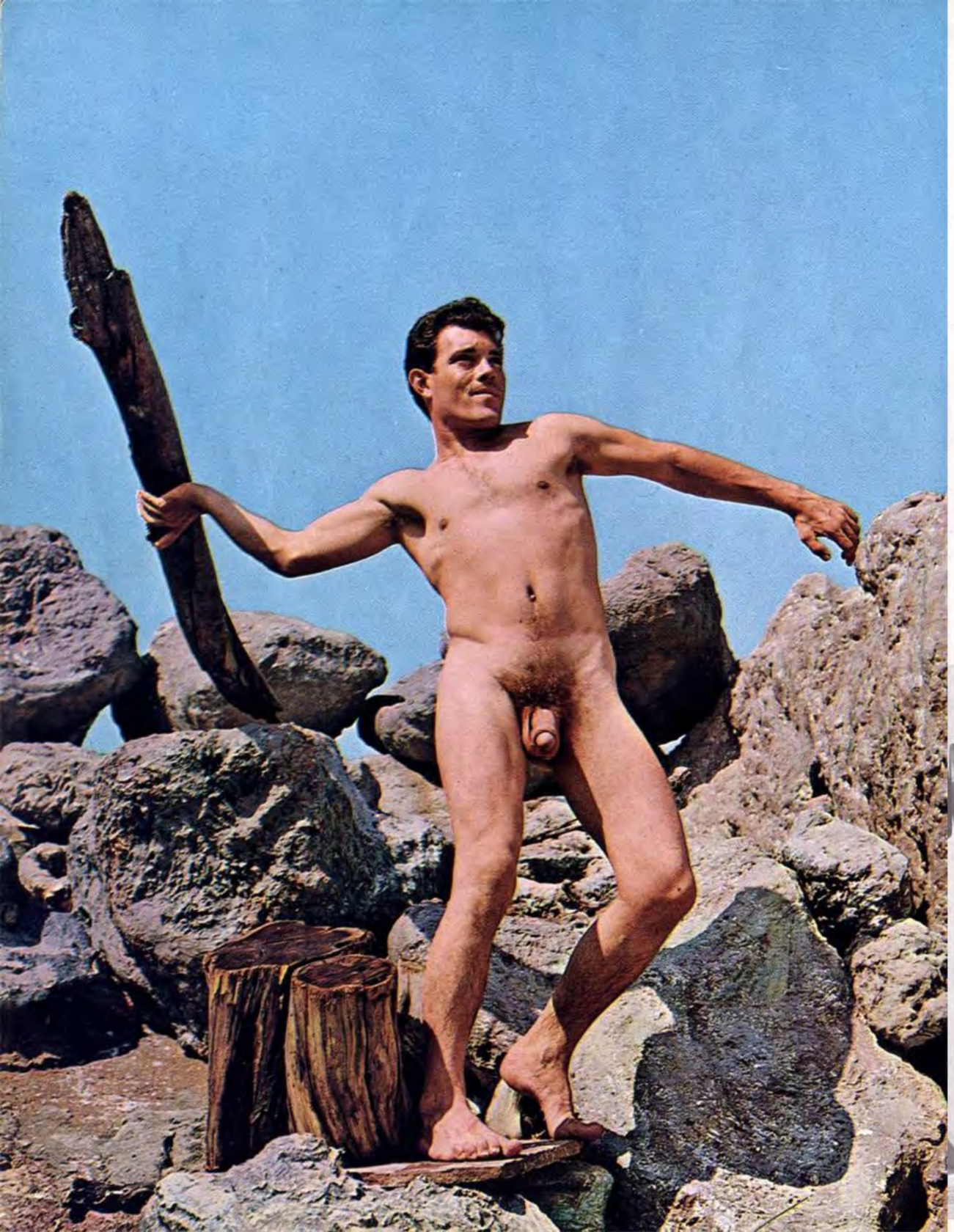
These same ads were also the origin of the "ninety pound weakling" jokes that provided a lot of laughs for a lot of years. Remember? This super-skinny, Twiggy-like character is sitting on the beach with his girl, when a muscle-bound Adonis comes skipping by and kicks sand in our hero's face.

As youth develops a new set of heroes, the days of muscleman hero worship become a thing of the past



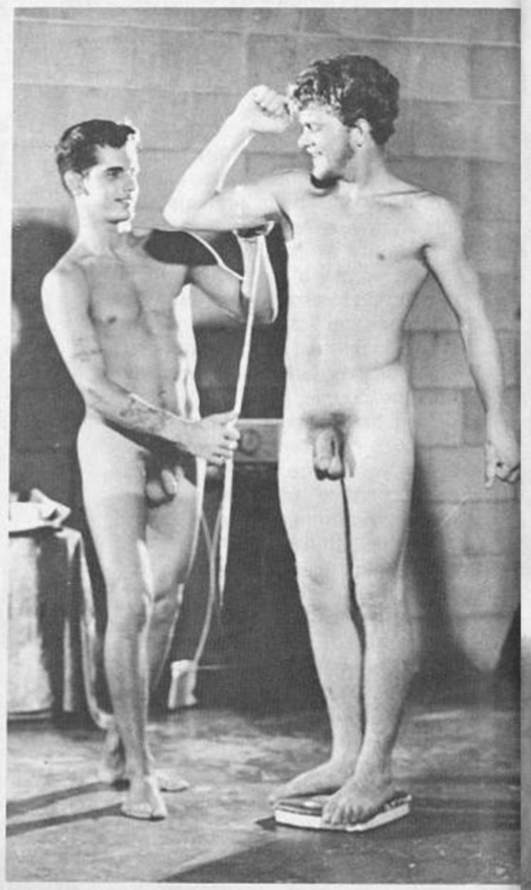


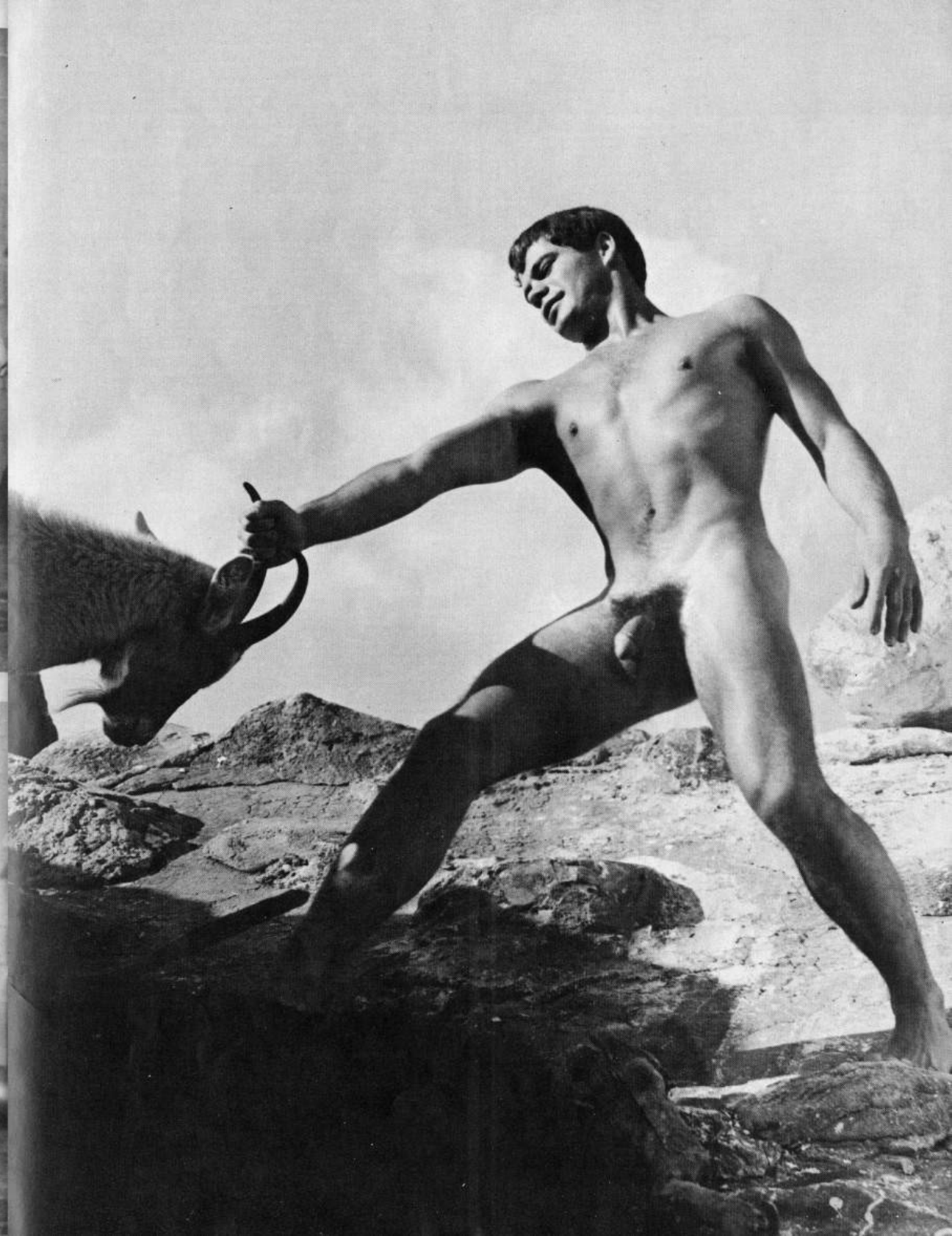


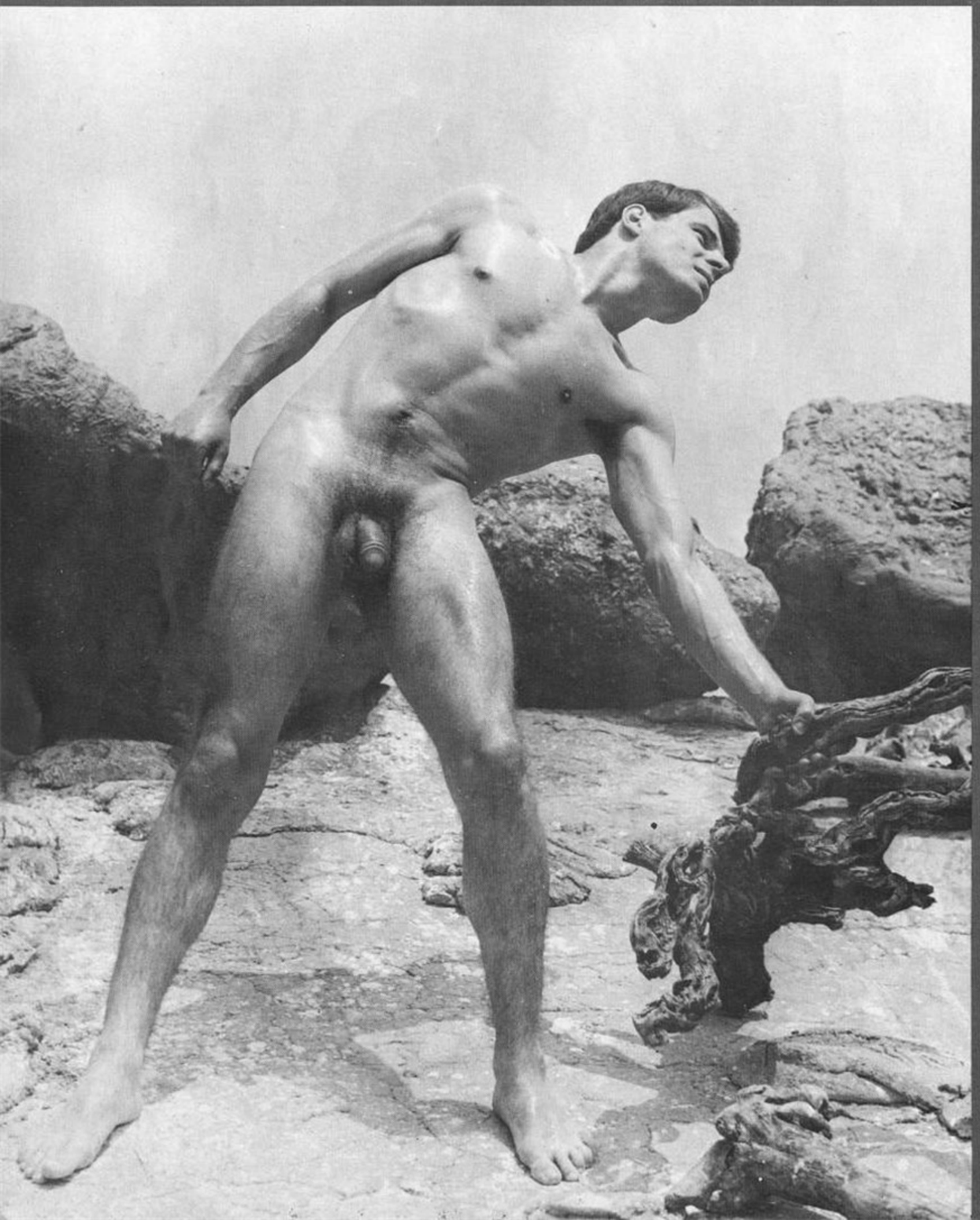


Skinny hero stands up to muscle-bound Adonis, but is easily pushed aside and out of the picture. Adonis moves in on the girl, and Skinny sulks down the beach. When he gets home, he has a little snit about his build and his sad lot, throws a few things around and scuffs at the rug. Then he comes across a magazine which contains aforesaid ad. His face brightens up, takes on a "Why not?" look, and next thing you know he has launched feverishly into the course.

Next time we see Skinny, he is striding confidently down the beach when he comes across Adonis sitting with his old girl friend. This time, our once-skinny hero has things **his** way. He squares his new broad shoulders, flexes his mighty muscles, and drives the nasty villain away. His unfaithful girl friend can't believe it's old Skinny, but when she finally recognizes him she takes him back with open arms. Which is an interesting commentary on the fickleness of the female.







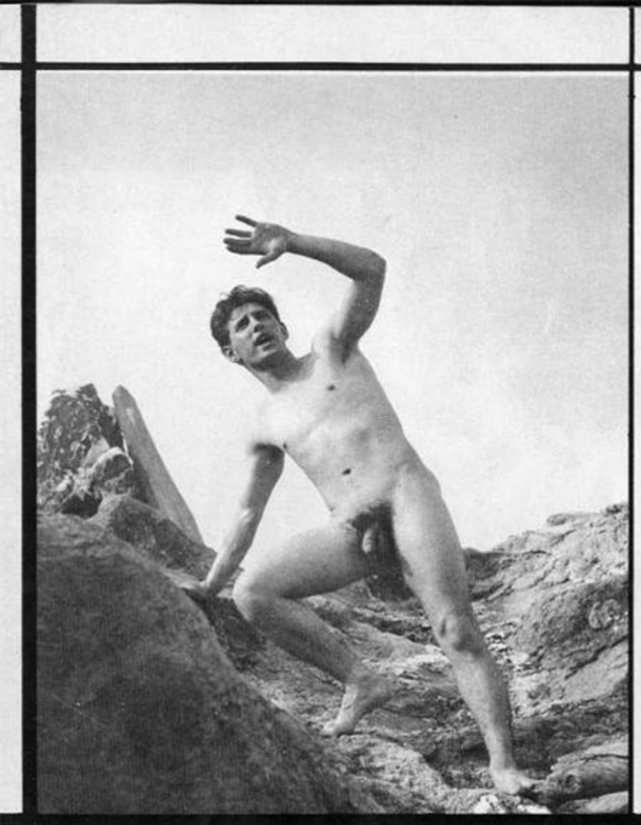
The exercise system offered by the ads in those days is today known as Isometrics, and it is simply a matter of dynamic tension. But the point is that the days of muscleman hero worship are a thing of the past. The youth of today have a different set of heroes.

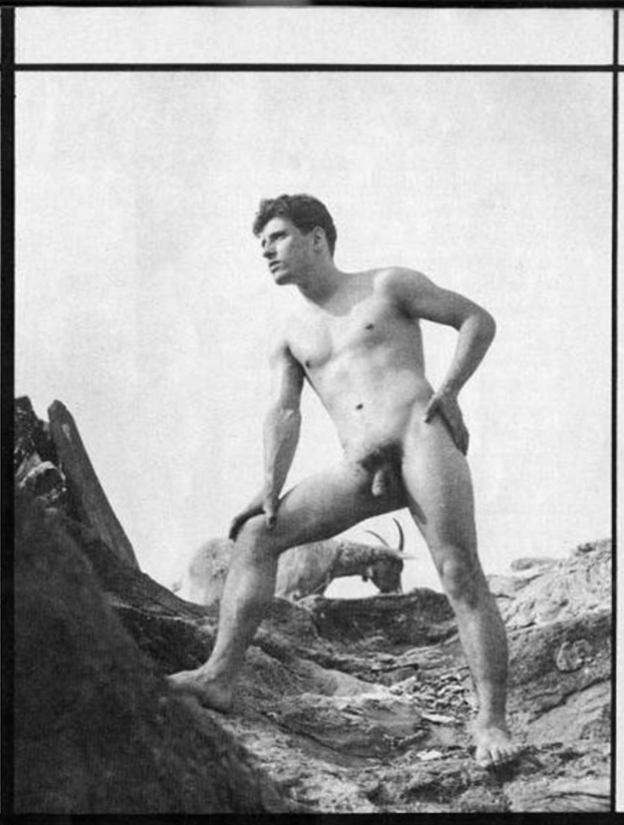
There was a time when the spectacle of a muscle-bound superhero swaggering down the beach — so heavily laden with muscle that even walking or bending was a colossal effort — would be enough to draw a crowd, fawning and drooling with a mixture of envy and awe. After flexing his over-developed muscles and taking a few deep breaths for the pleasure of the crowd, said superhero would then take the time to explain "how he did it" just how much he could clean and jerk, and describe sundry other feats of strength.

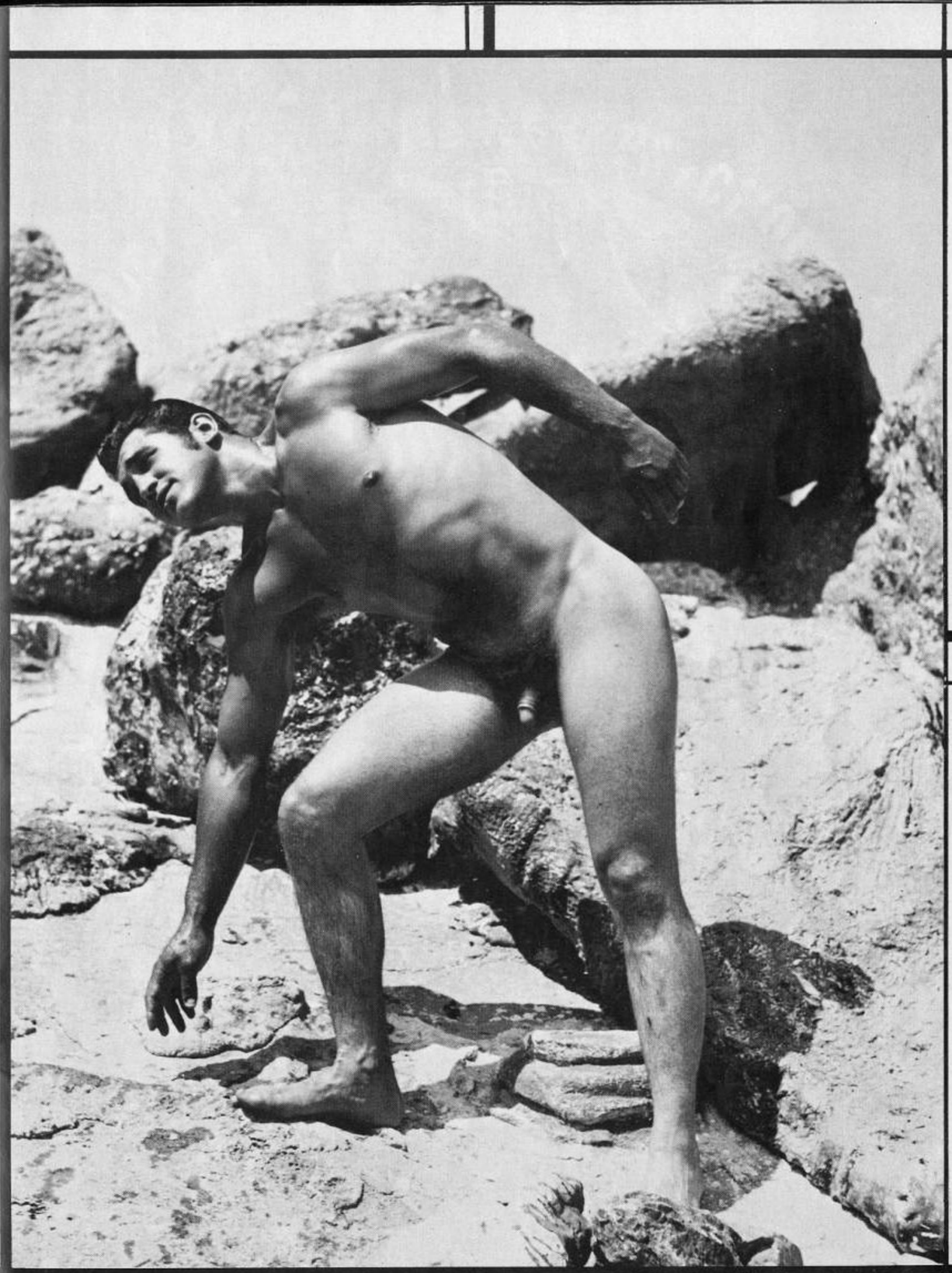
But today, the passing into obscurity of such places as Muscle Beach, California, bears mute testimony to the passing of an era. To be sure, there are still plenty of those types who overdo the muscle building thing just for ego or vanity purposes. But on the other hand, there are plenty of respectable weightlifters with magnificent physiques whose structure and strength are merely means to an end in weightlifting competition.

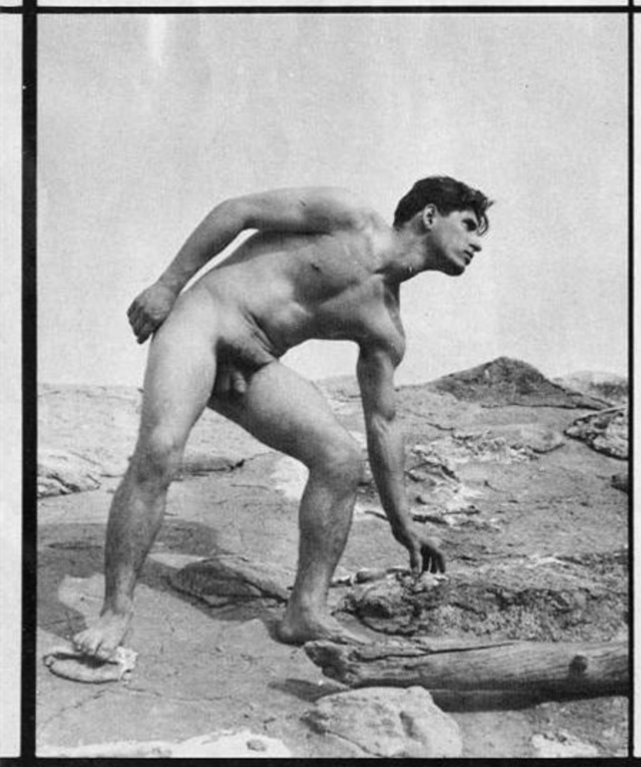
All of the young men pictured on these pages work out with weights, as their muscular development will indicate. But none of them are "Mr. America" types whose only goal is to impress others with their builds. Their workouts are also a means to an end: good health, male ruggedness and durability, and the pleasant companionship that comes with good, clean activity.

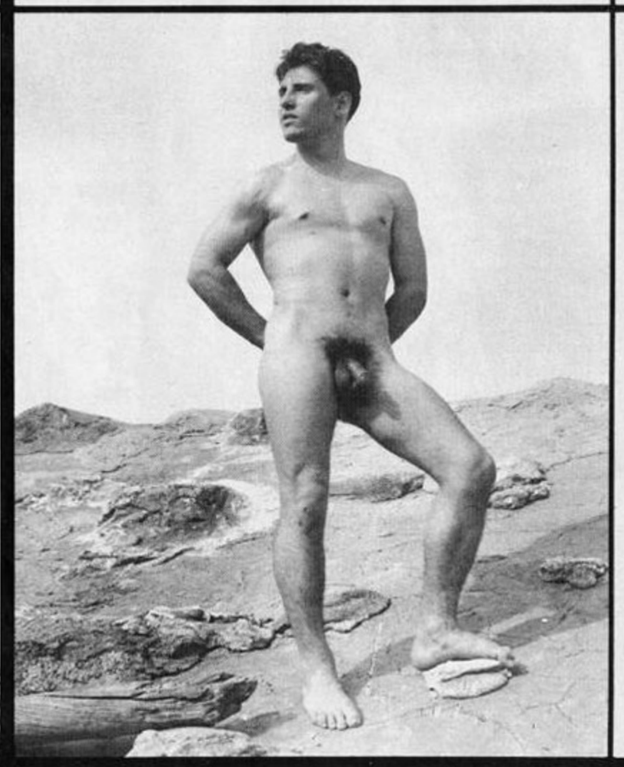
SUN REBELS



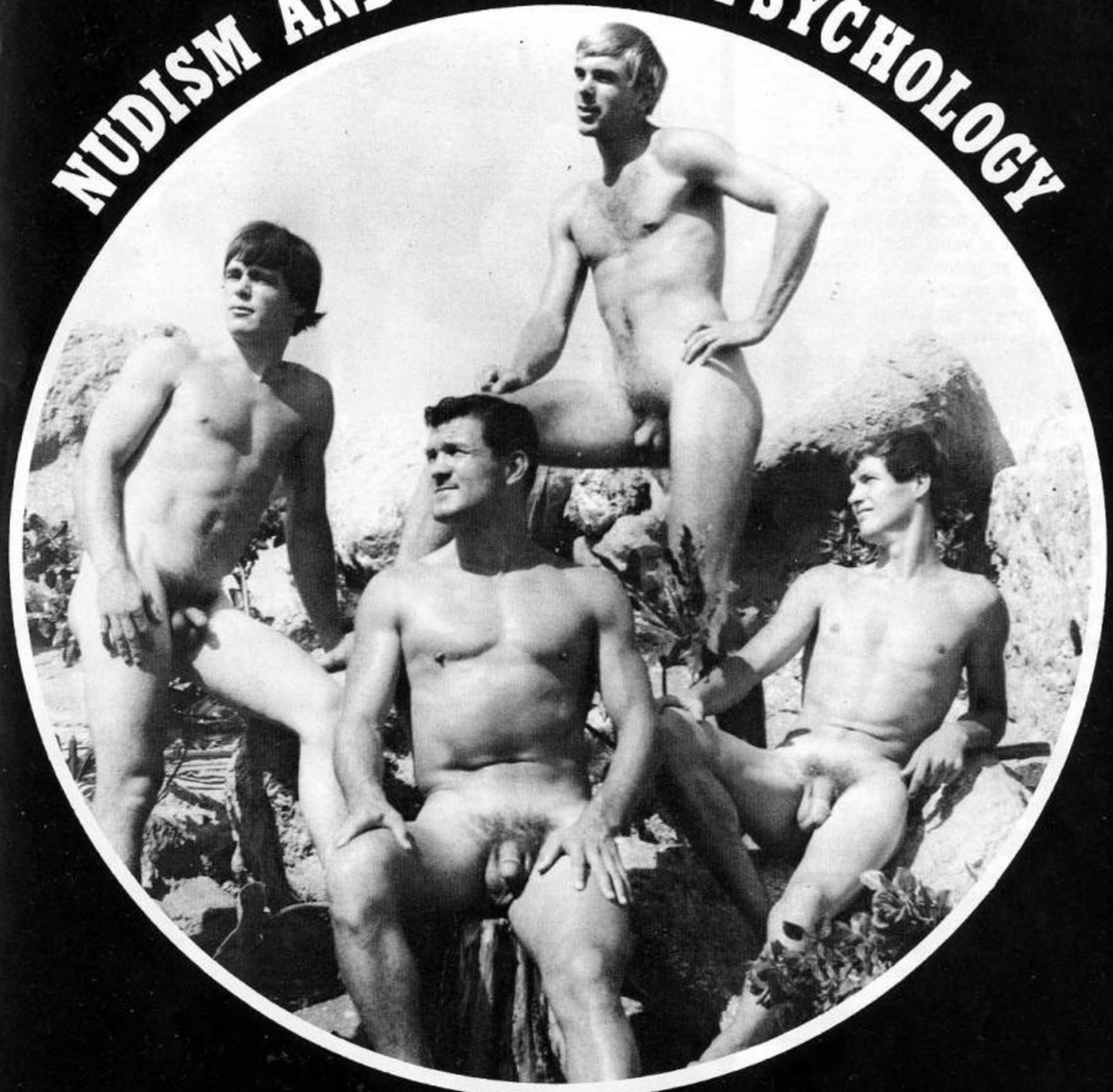








NUDISM AND THE NEW PSYCHOLOGY



**The day draws nearer
when people
will go to nudist camps for
headshrinking instead of the analyst's
couch!**

NUDISM AND THE NEW PSYCHOLOGY

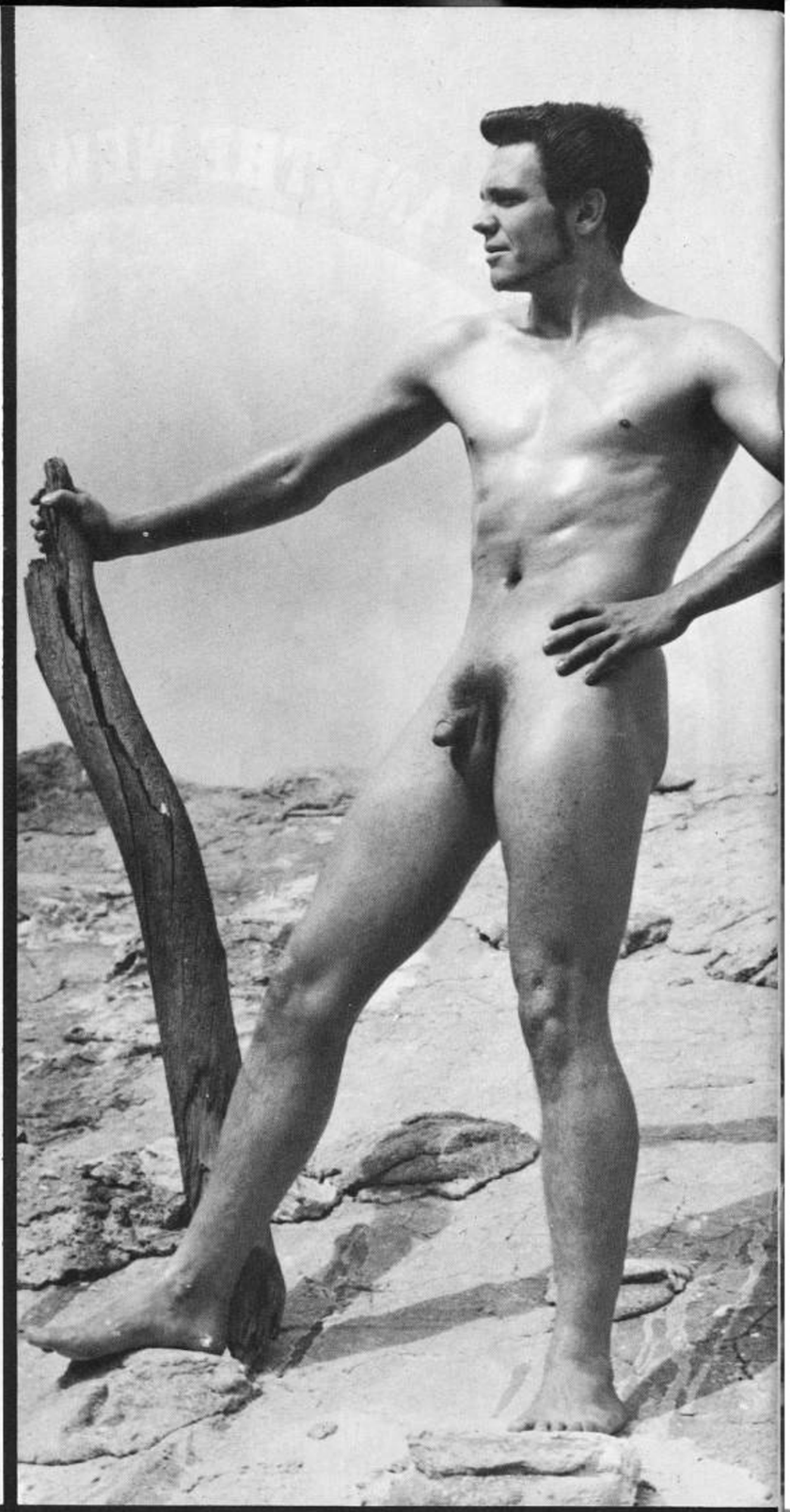
While the psychology of the old school looked upon nudism as a form of exhibitionism, the New Psychology of today's thinkers accepts it as a valid and important factor of adjustment to the complex life of modern man.

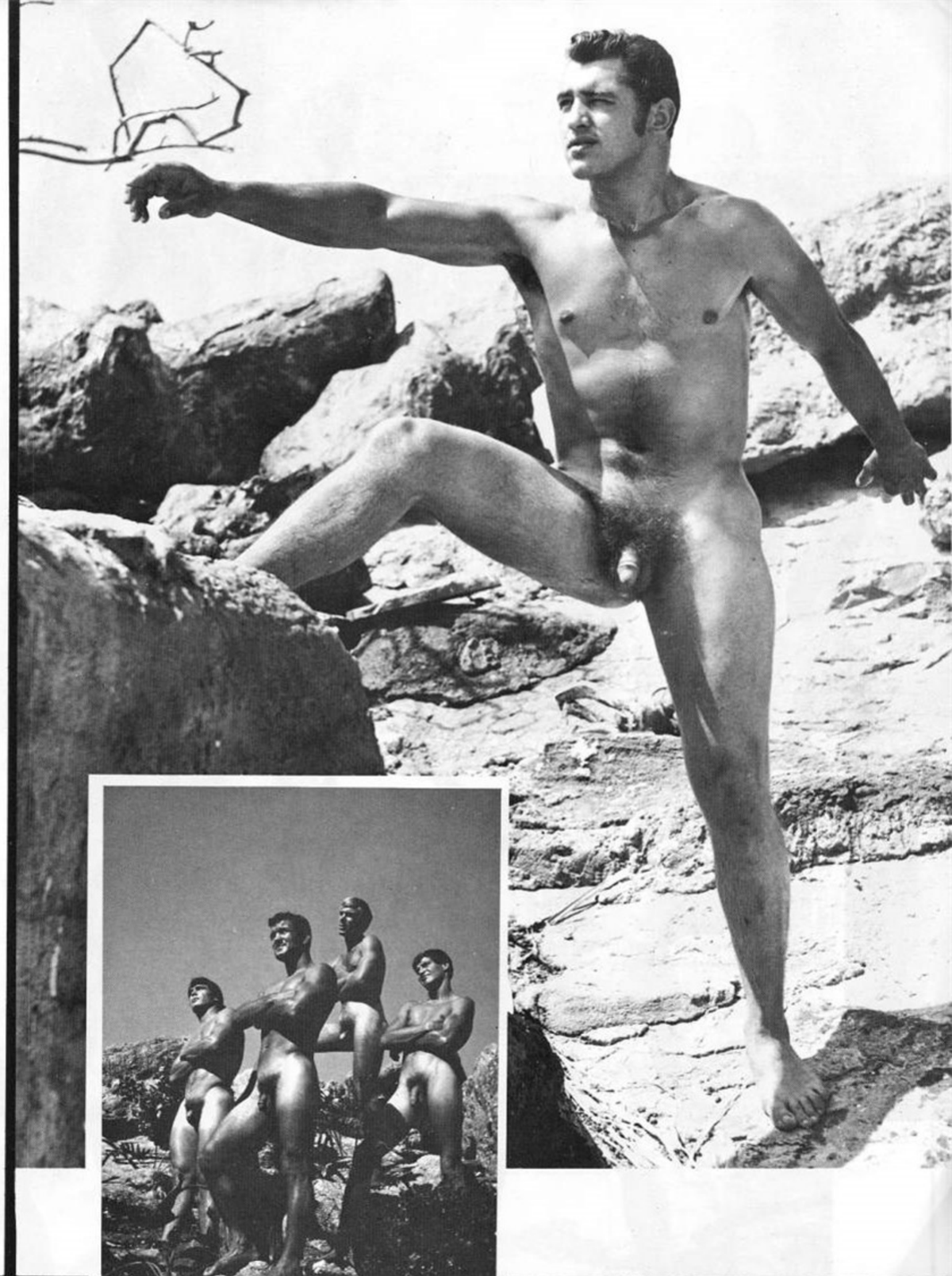
The new Psychology is concerned with such concepts as "role aspects," "image adjustment" and inter-relative actions." These terms refer to problems which will take an important place in the future of mankind, problems which nudism can help solve today.

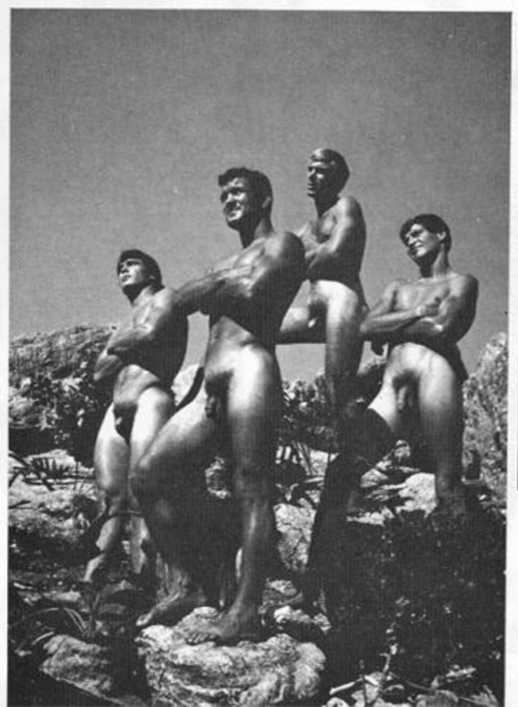
Consider the problem of "role aspect." This term refers to what is basically a question of knowing who and what we are, both in relation to ourselves and to others. Modern man has let the external aspect of his role/image operate the internal aspect. Today we are not so much ourselves as we are the type of car we drive or the kind of clothing we wear. People tend to judge others by what they have, not by what they are.

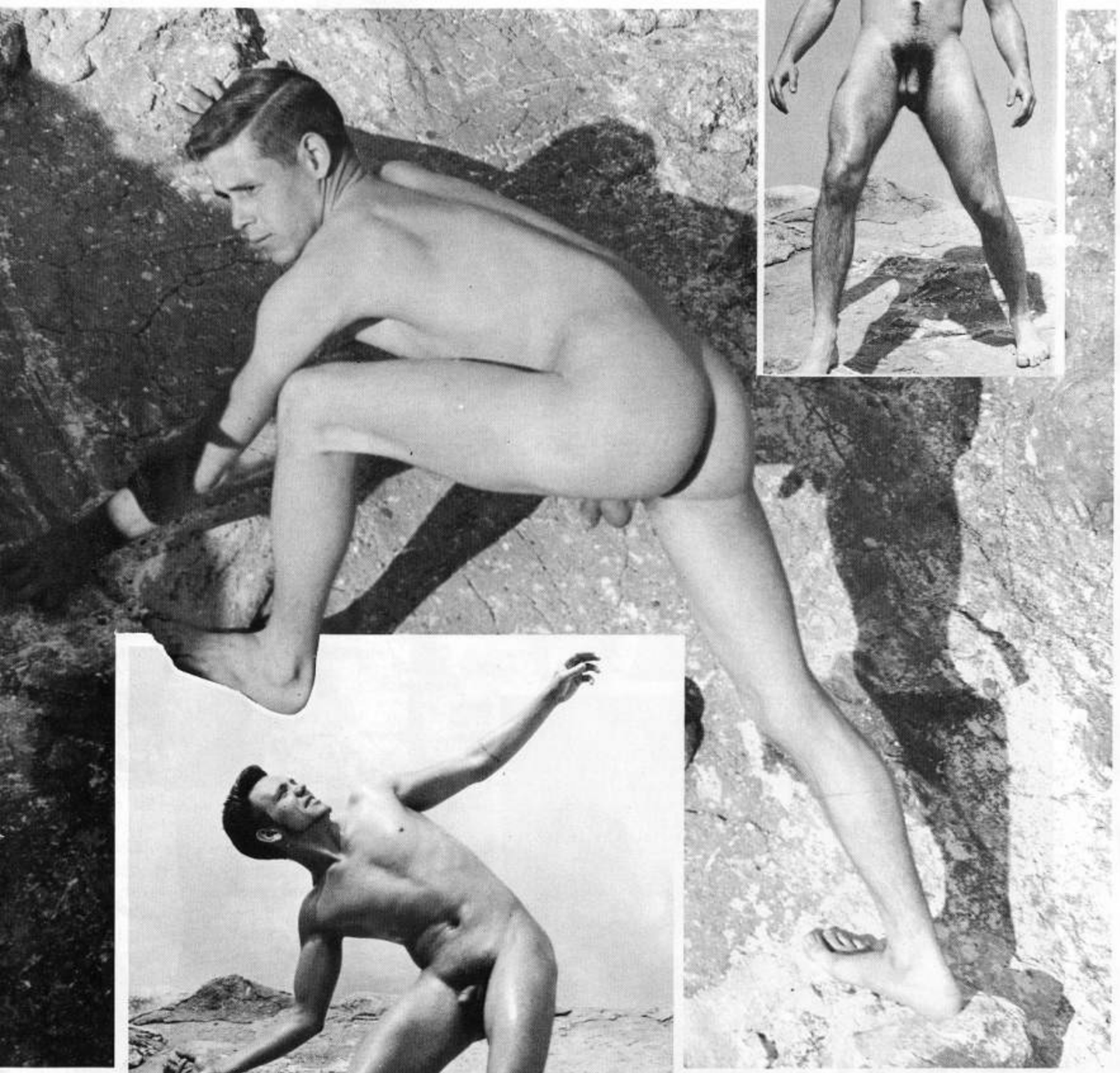
Nudism removes the external. A man faces his fellows for what he is. No longer does the factor of social status play into the situation. Nudism brings about a norm level that does not exist within the clad world.

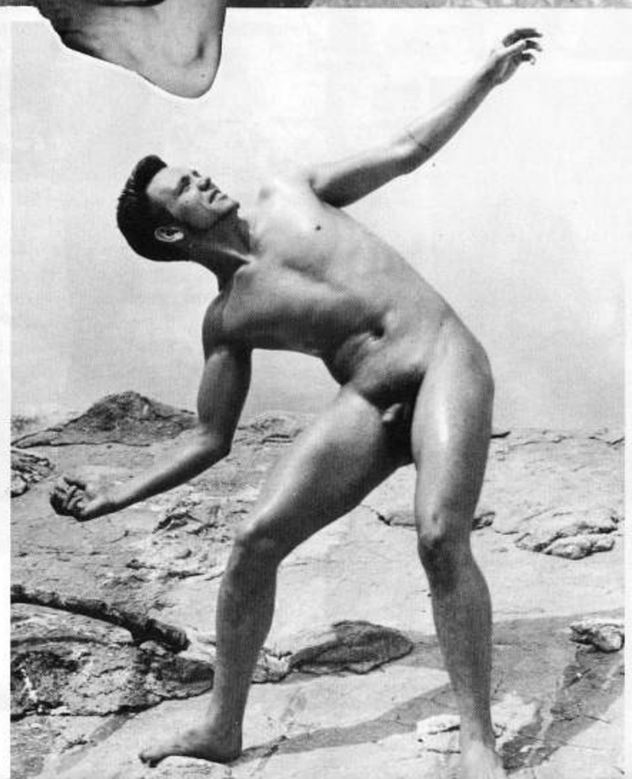
Another problem is that of "inter-relative actions." By this we mean the basic process of communication with other people and the actions of getting along with everyone else. This of course is a problem which affects all of us in the outside world. Nudism can be a great aid in communication.











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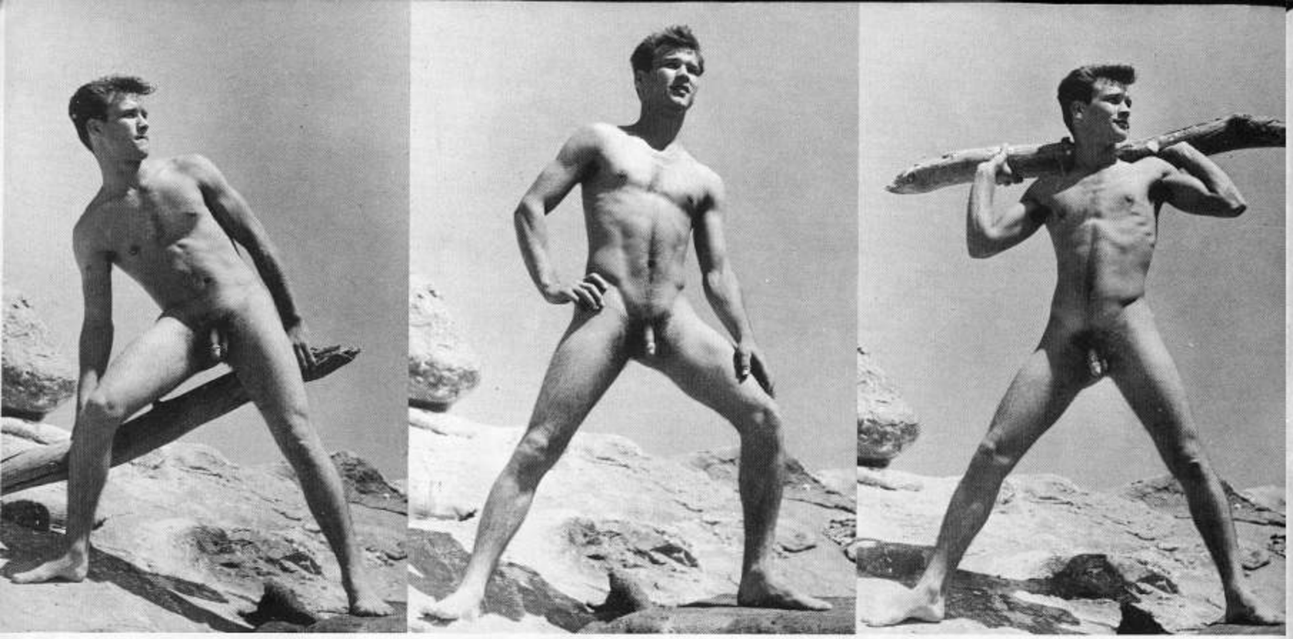


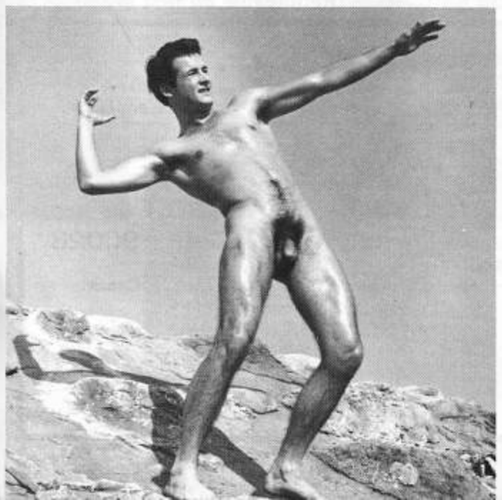
Nudism aids communication in an honest manner. When a man is removed from the status level situation and placed into an environment which makes him equal to those around him, he ceases to react in the rat-race manner of today's world. As a man gets further away for the rat-race syndrome, his relations with others become not only more relaxed, but also become far more meaningful.

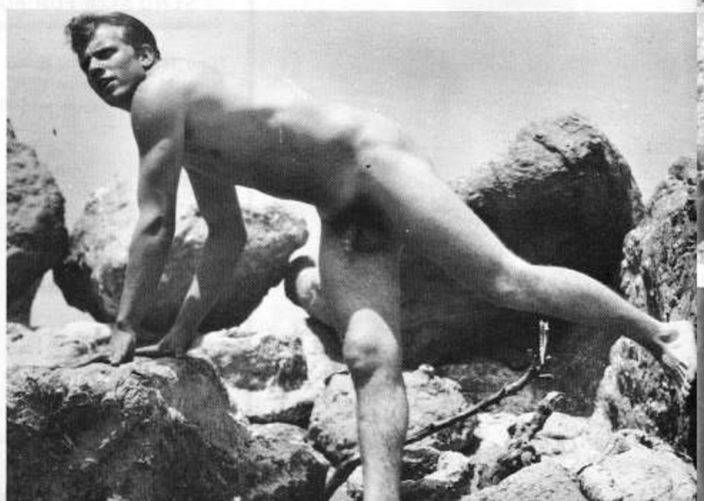
Nudism, by bringing about a more relaxed and rational way of life, also helps man to become more involved within himself and with others. A man without the external trappings of the outside world is a man who can better face himself and as a result of knowing himself better, be able to relate in more depth to others.

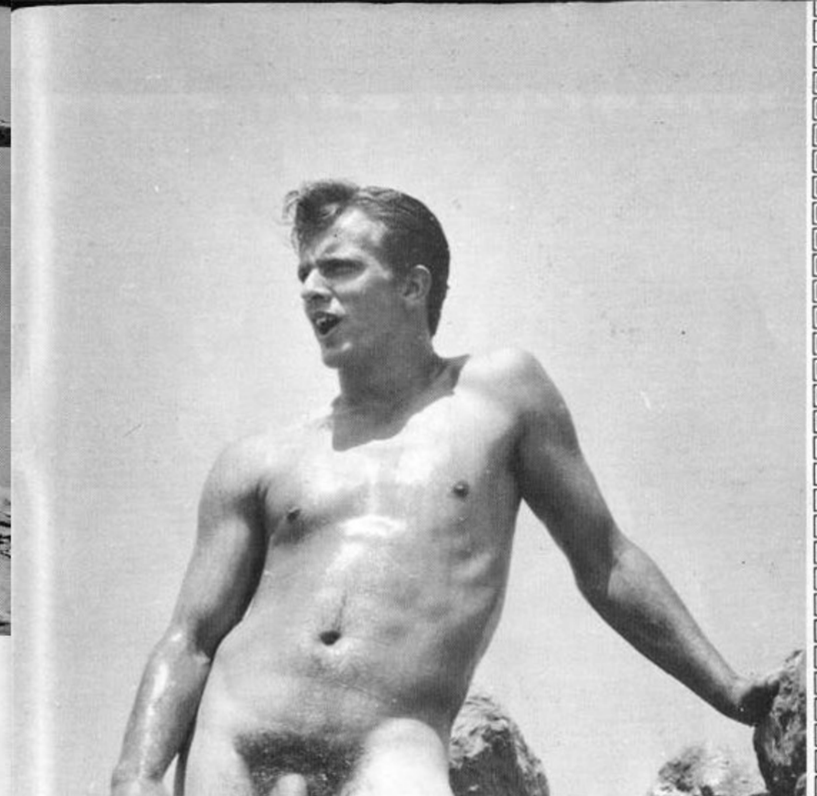
Besides the problems noted in this article, nudism promises to be a great therapeutic aid to many more of the pressing problems of today. However, at this time not enough research has yet been done on the subject.

The New Psychology of such men as P. D. Ouspensky, E. R. Gergiff, Eric Berne and Albert Ellis has made us more aware of the complex problems that face us today. It is interesting to note that what may be the best cure for these problems is the age old concept of nudism.

As more research is done into this area, as psychology becomes more aware of the value of nudism in relationship to social ajustment, we may soon see the day when instead of a couch in an office, we will instead spend our time in the out-of-doors, solving our problems by just being ourselves.







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